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GROUP

A BOOK OF MINDFUL COLOURING



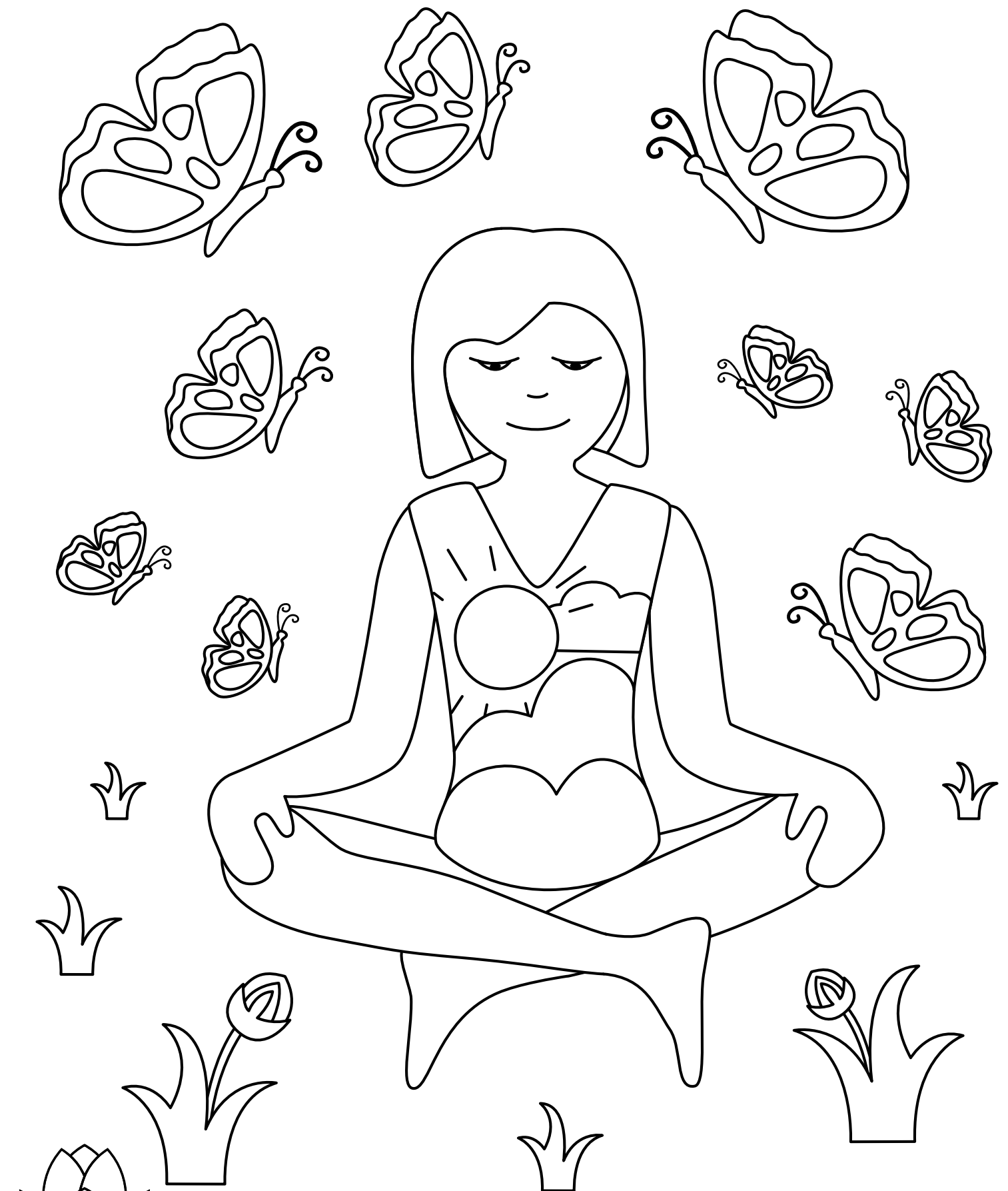
MINDFUL SPEAKING



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MINDFUL BODY



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MINDFUL LISTENING



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MINDFUL EATING



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MINDFUL MOVEMENT



STOP



FAIRNESS



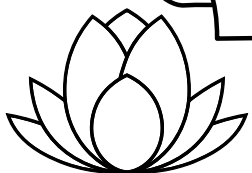
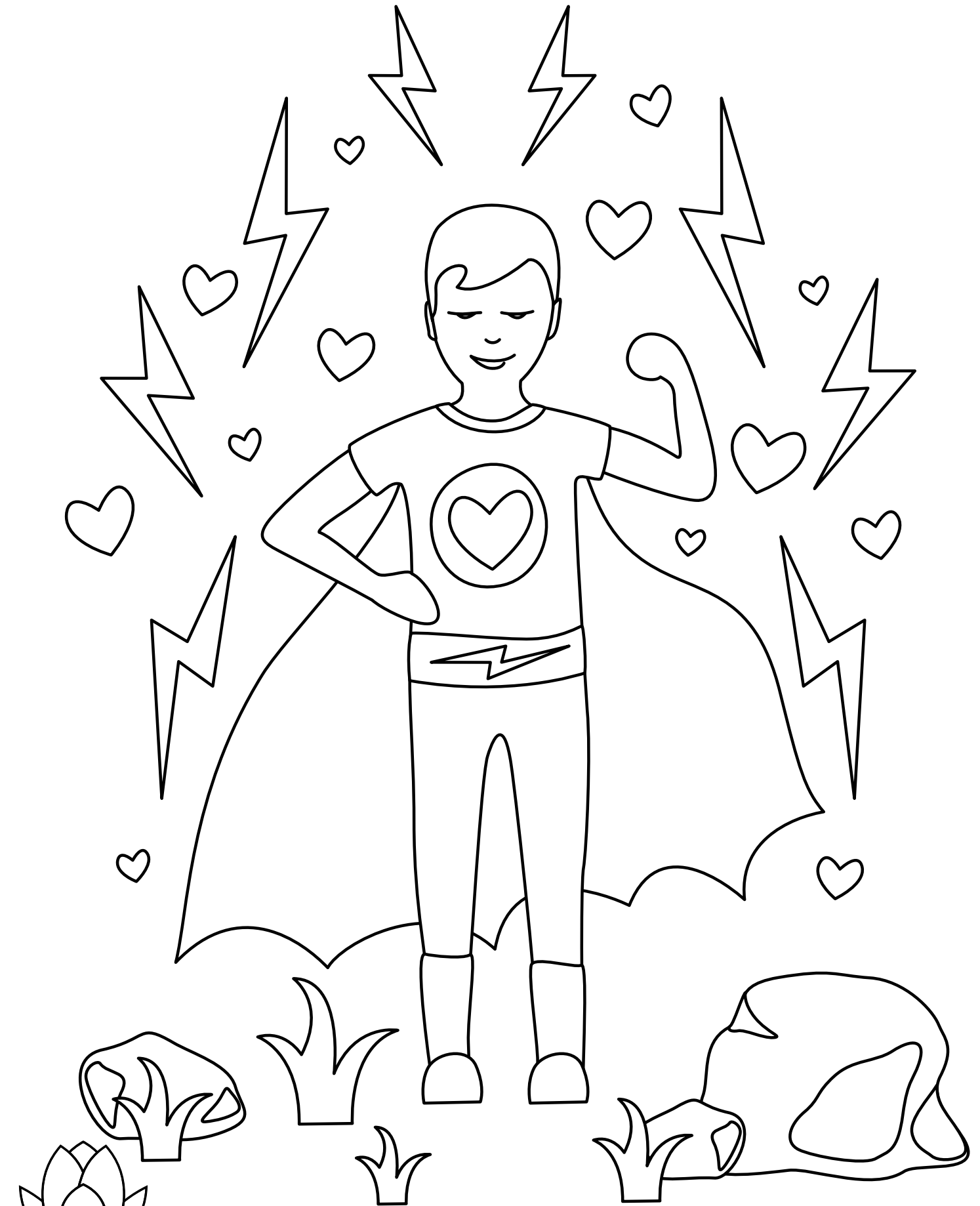
TEAM PLAYER



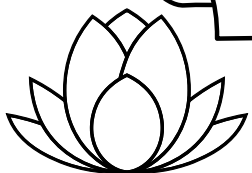
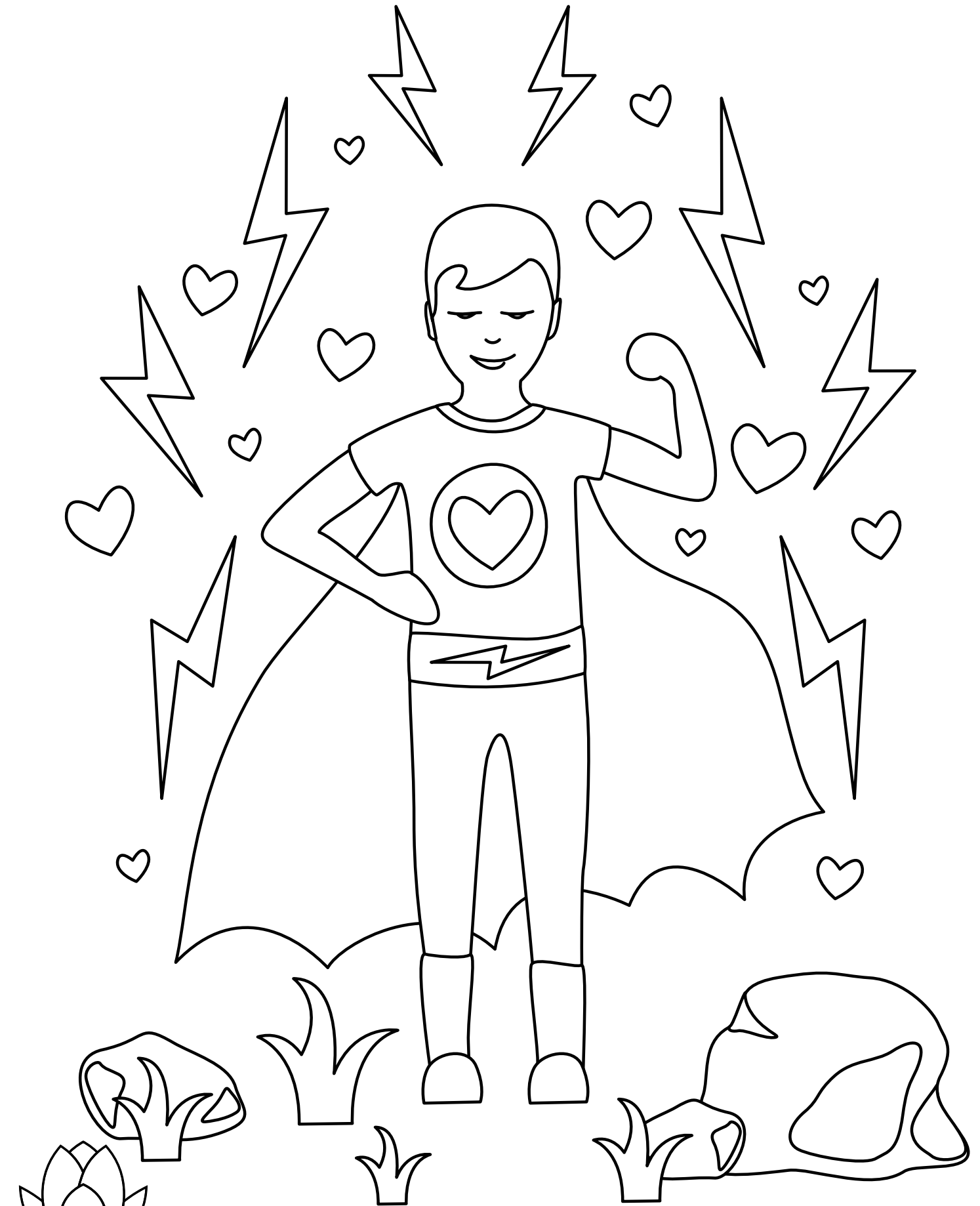
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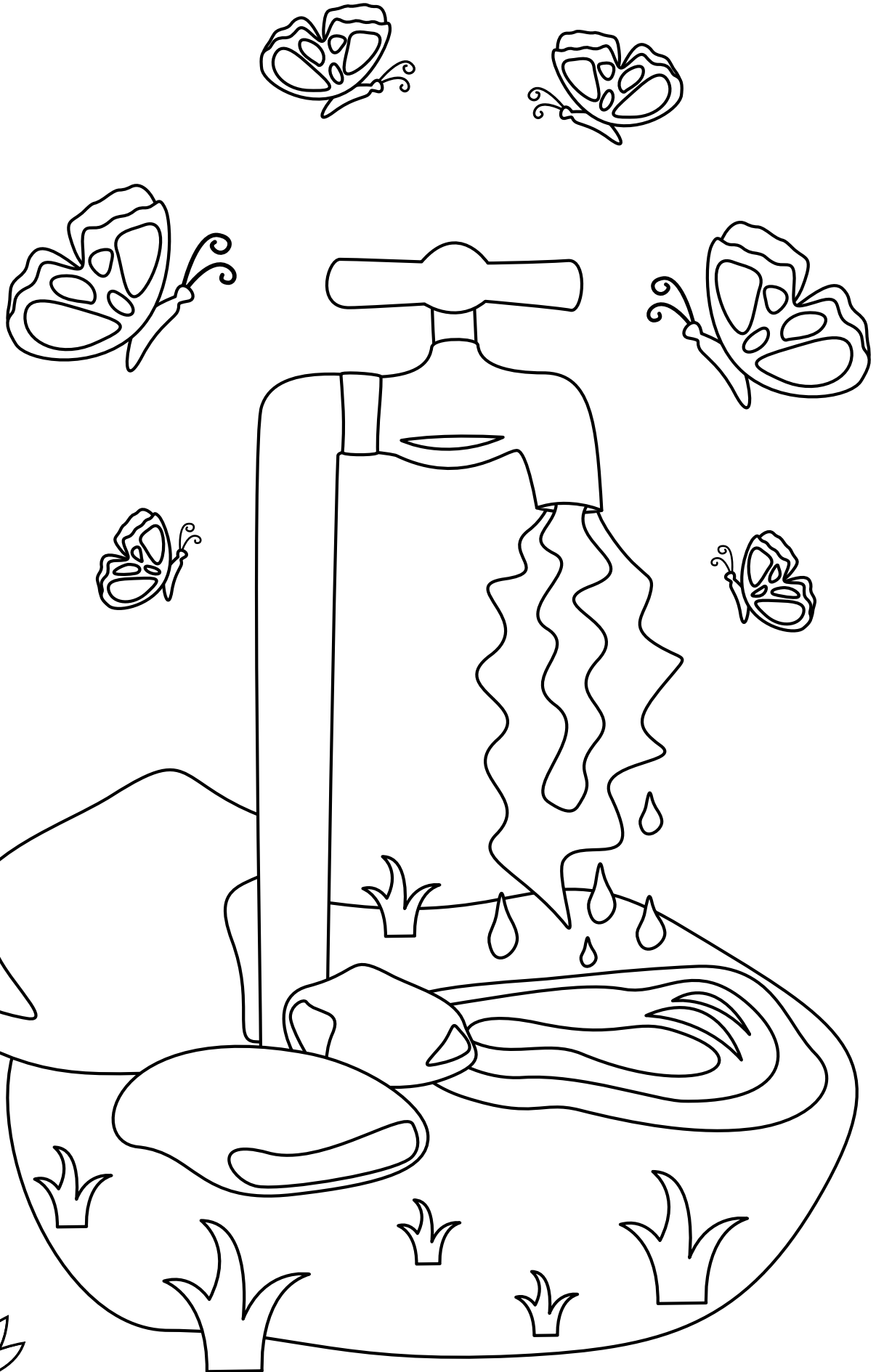
CONFIDENCE



CONFIDENCE



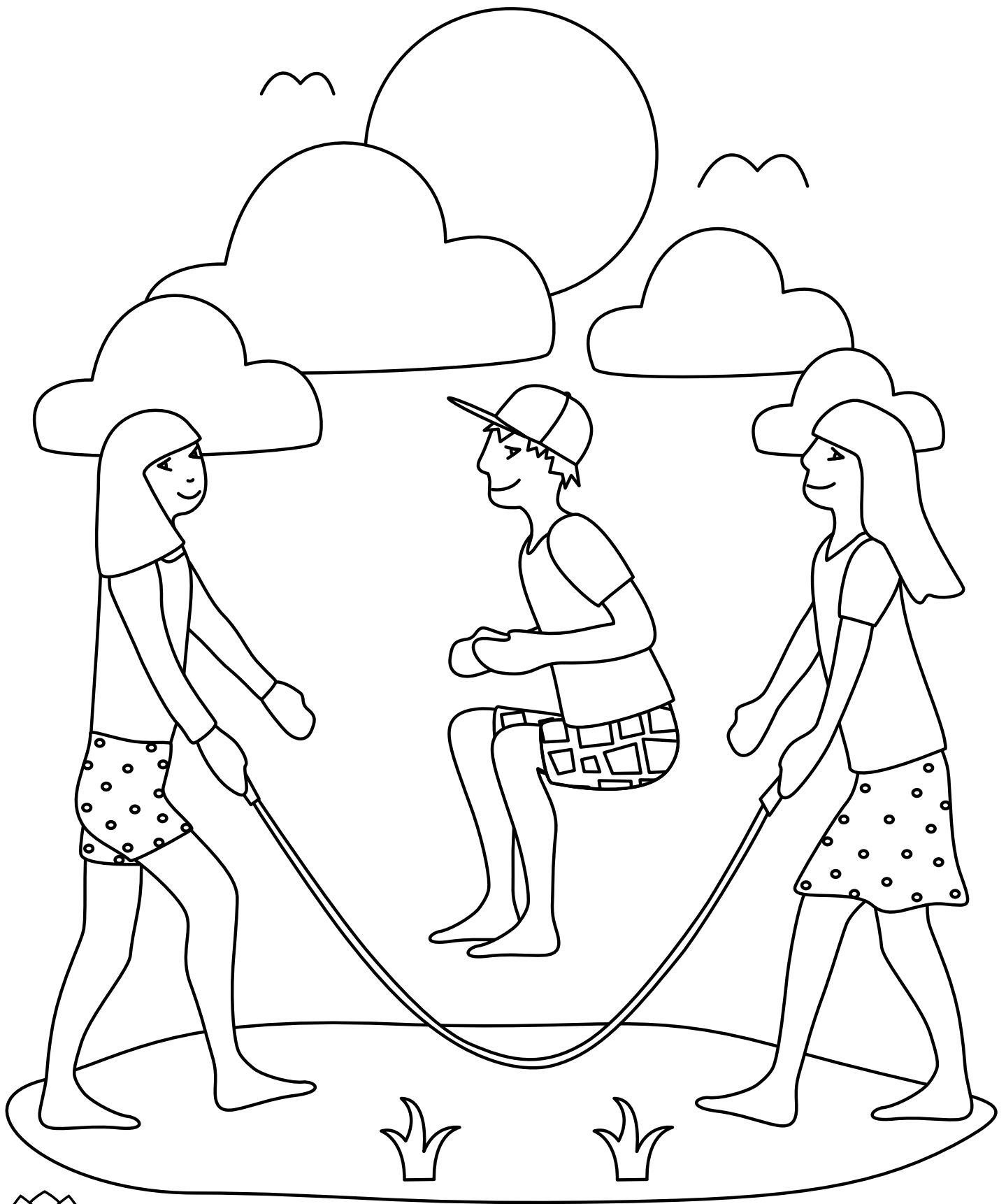
GRATITUDE



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COOPERATION



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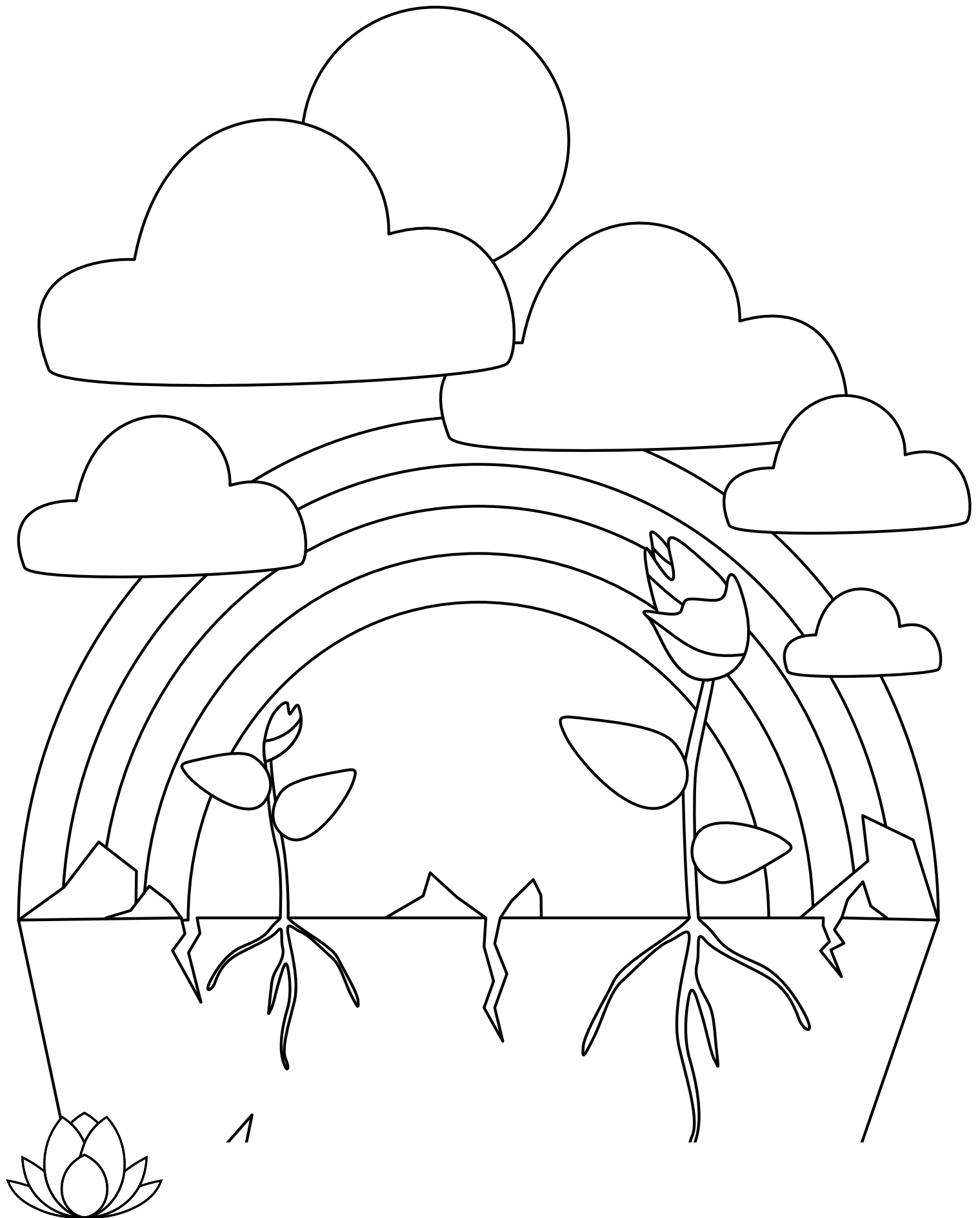
EMPATHY



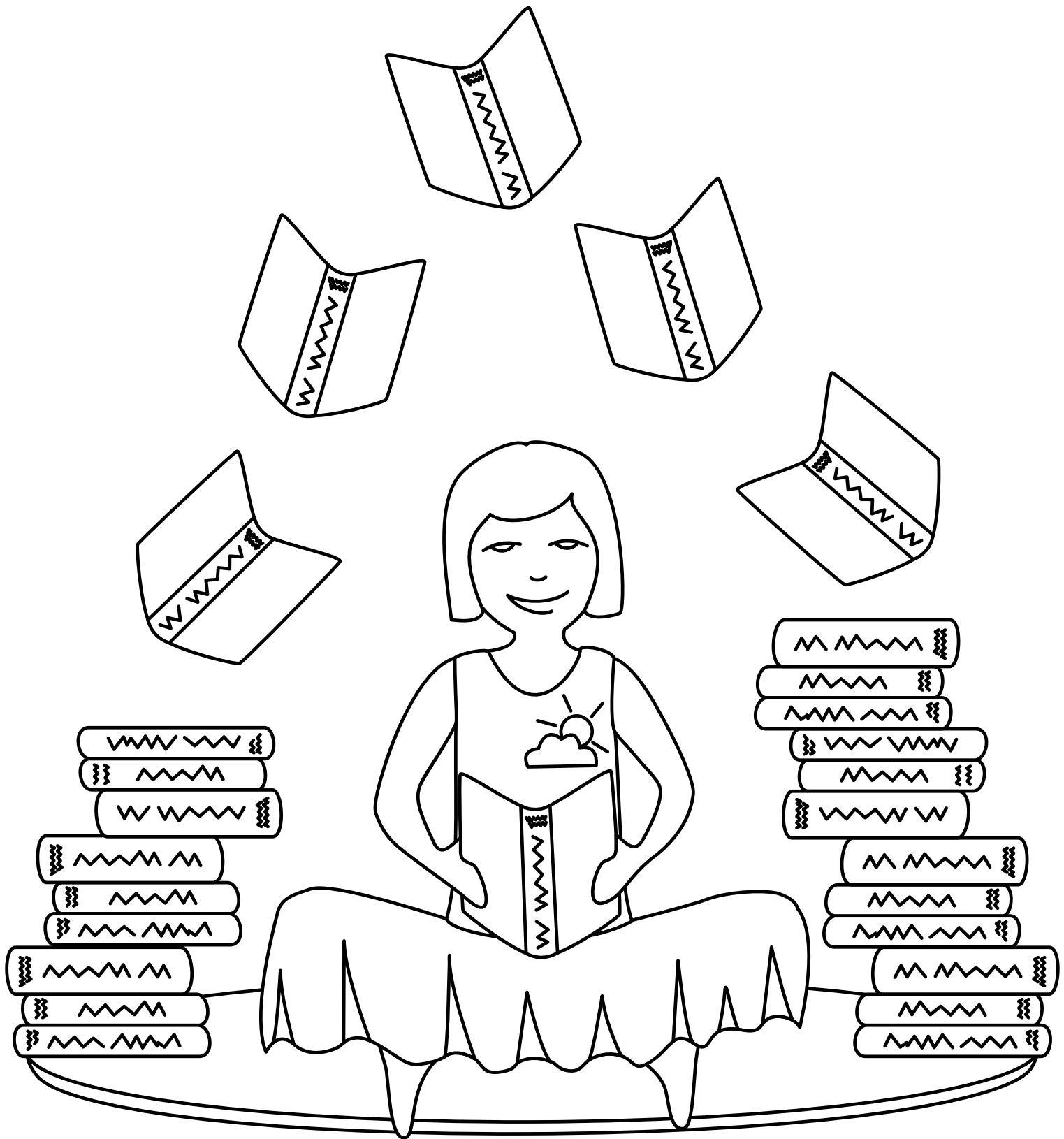
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RESILIENCE



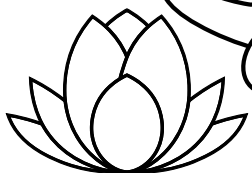
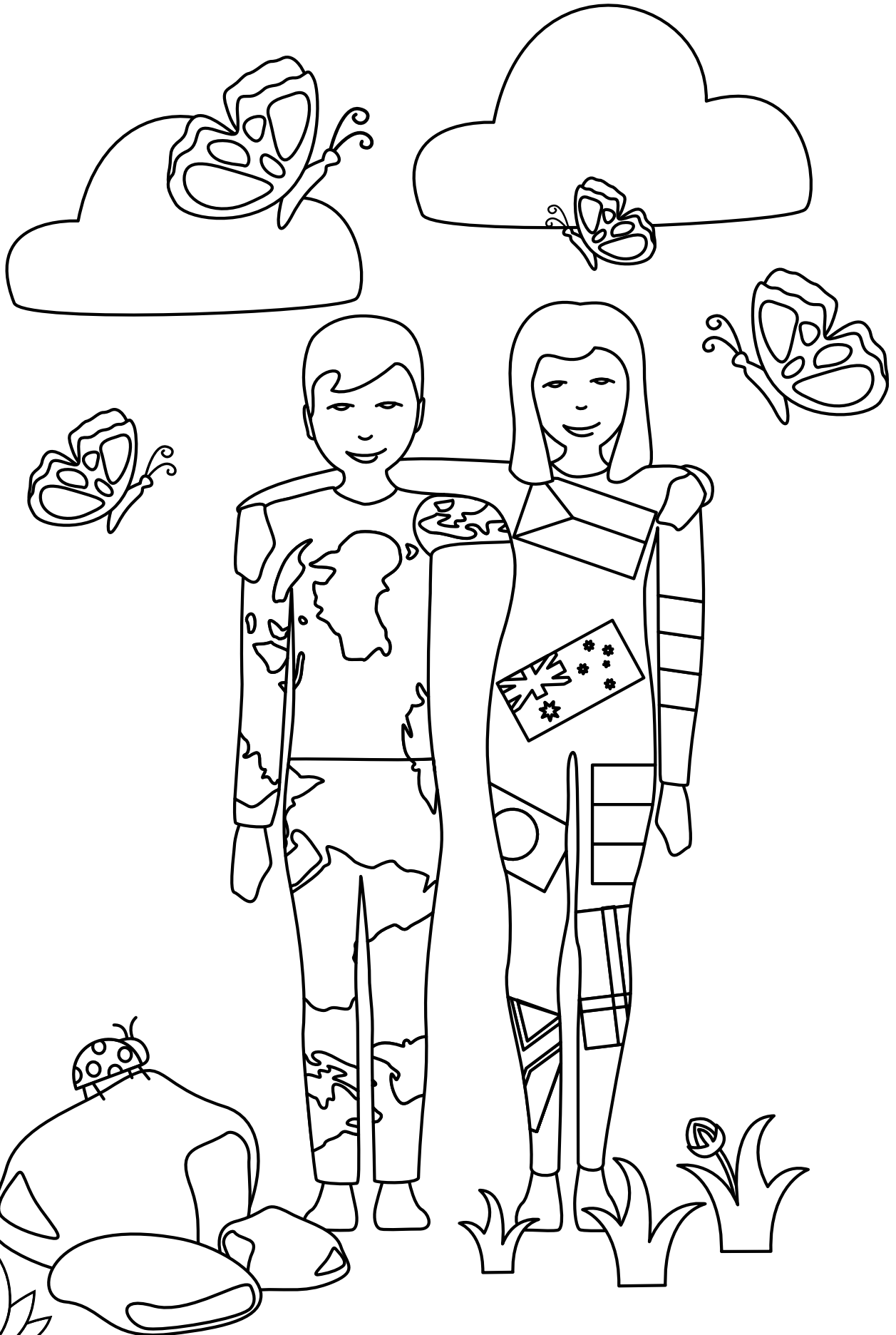
PERSEVERANCE



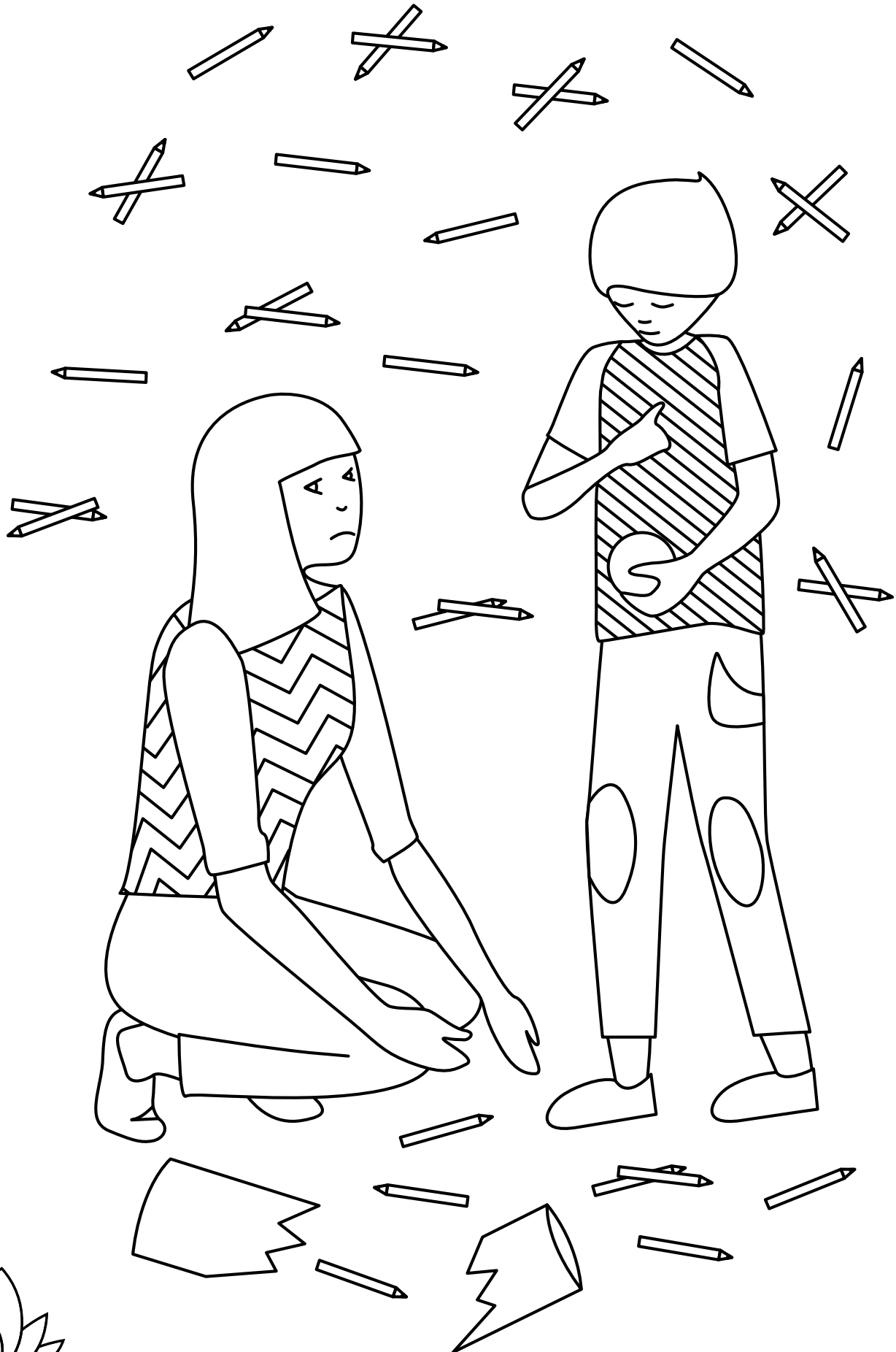
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RESPECT



HONESTY



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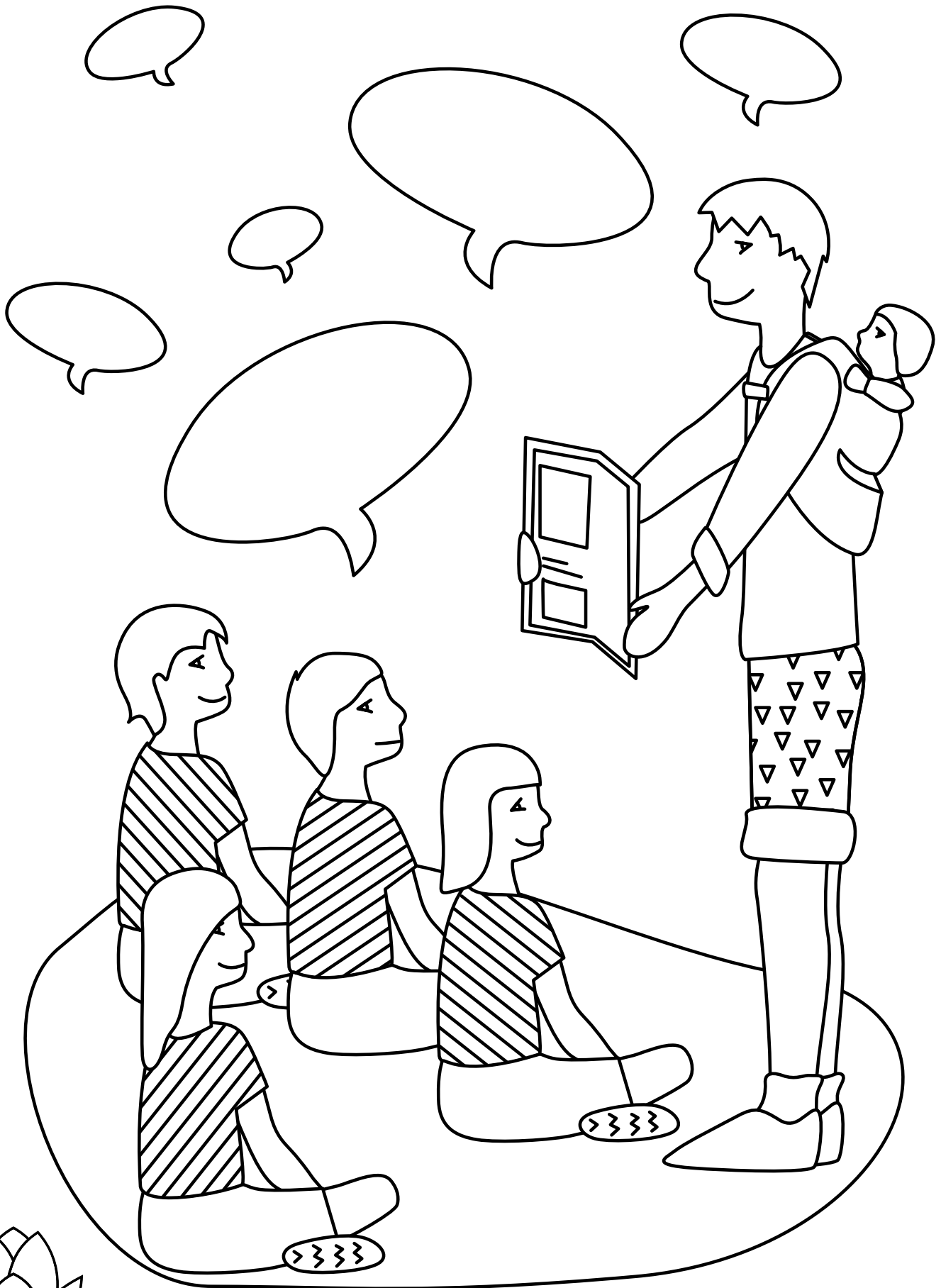
INTEGRITY



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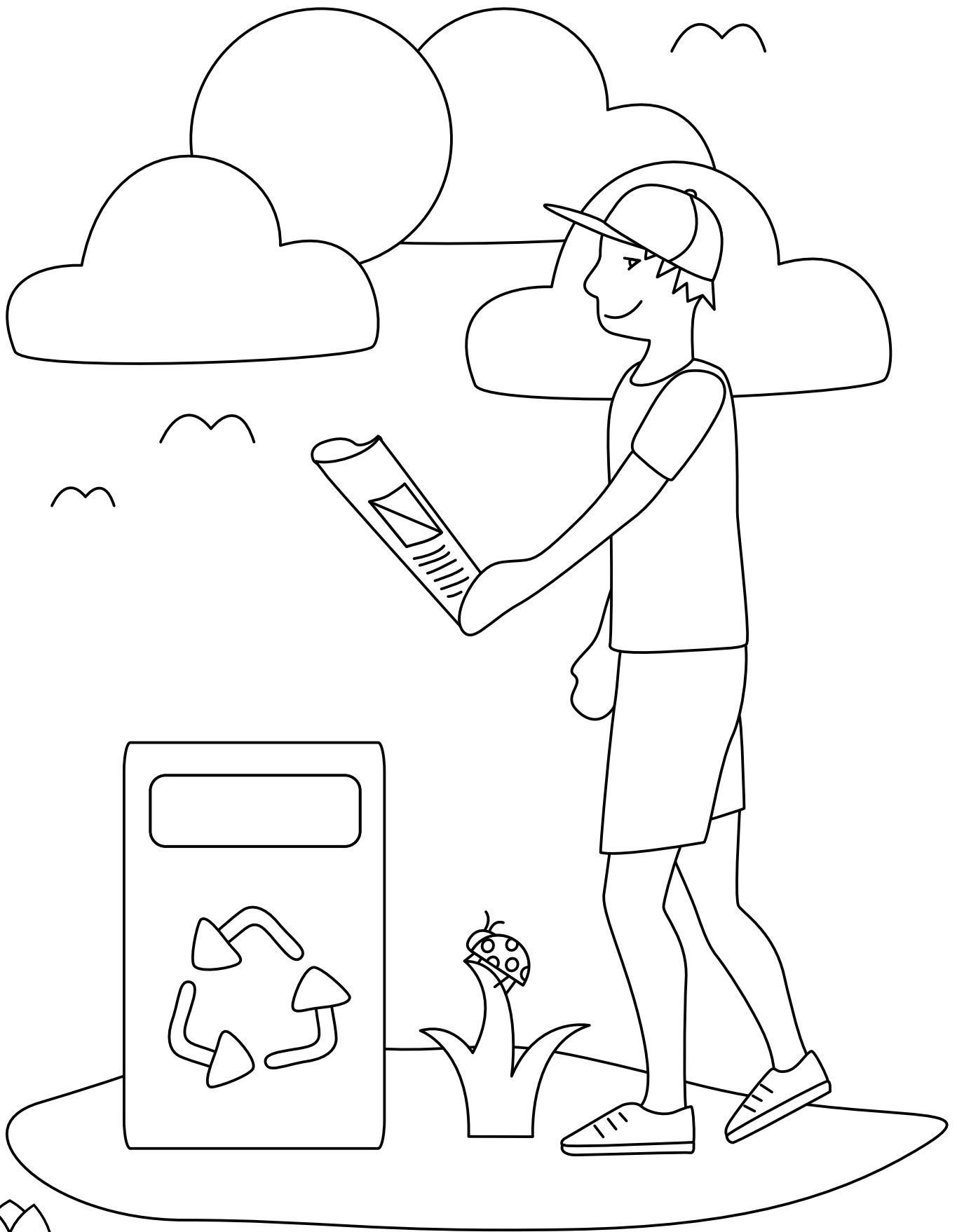
GENEROSITY



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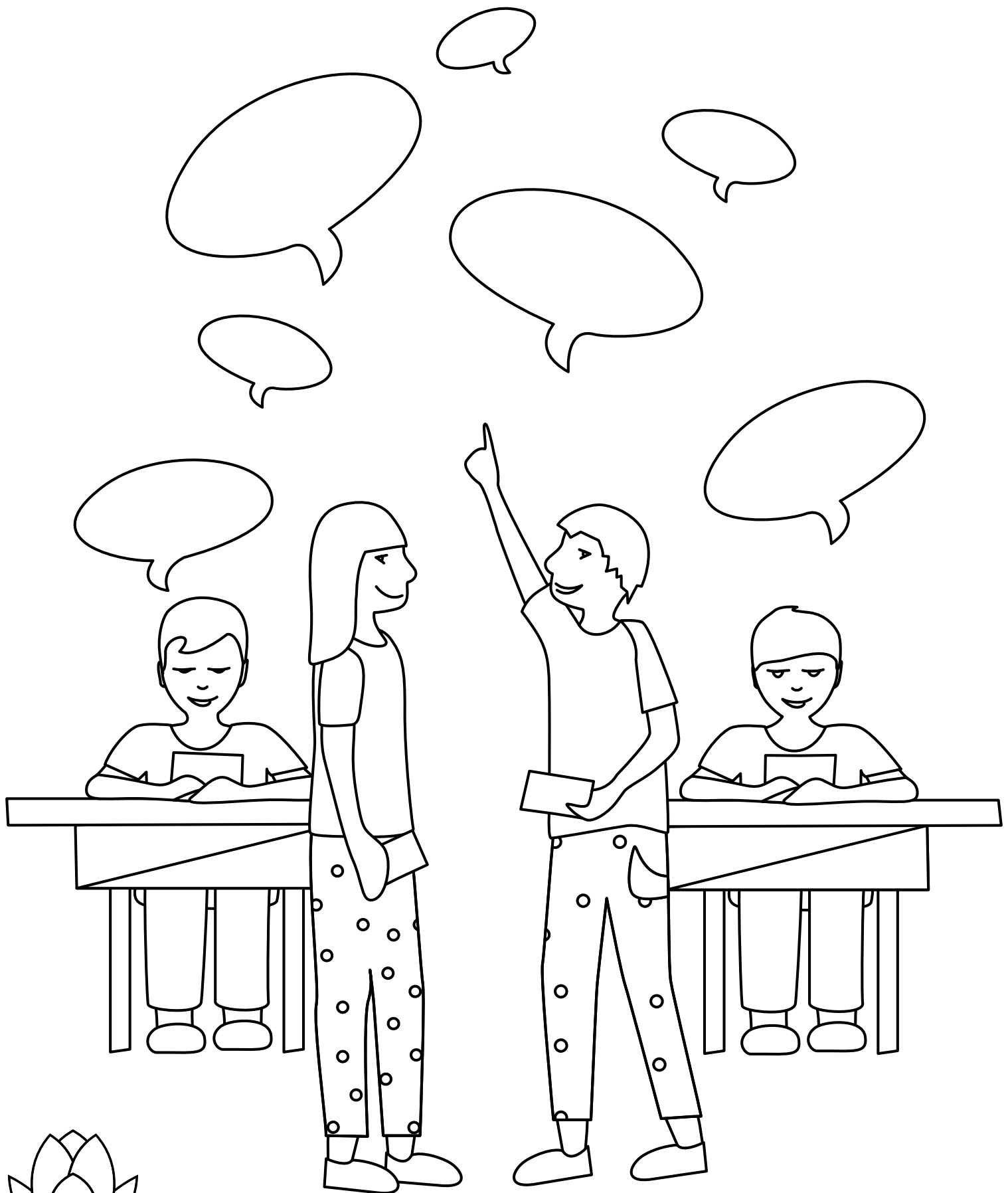
CARING



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PARTICIPATION



RESPONSIBILITY



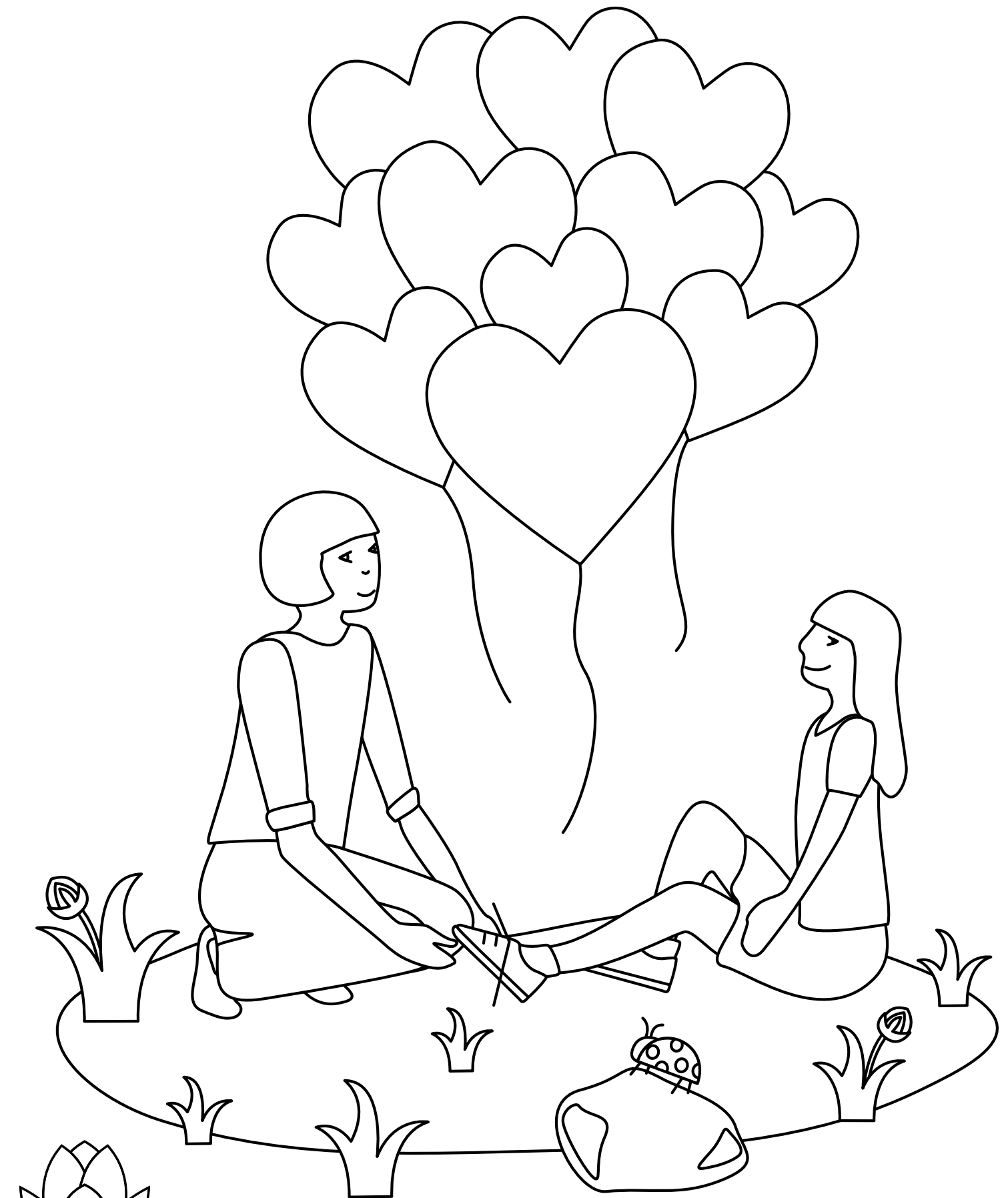
EXCELLENCE



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KINDNESS



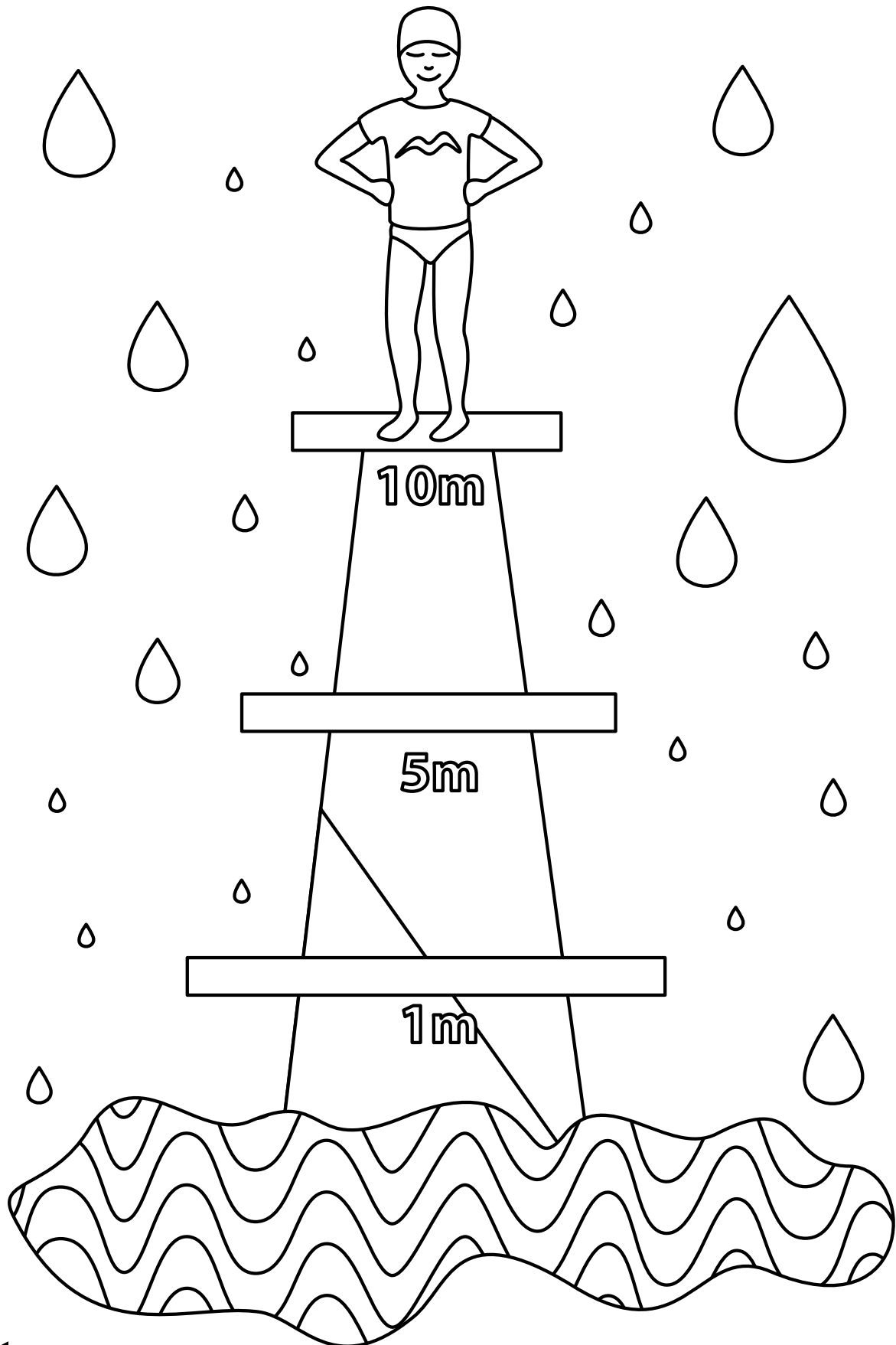
COMPASSION



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COURAGE





ABOUT LIFE SKILLS GROUP

After more than 20 years of teaching yoga in the community and listening to the problems that families were facing, Nikki Bonus saw a genuine need to bring the physical, emotional and social benefits of yoga and mindfulness into schools.

Working in close collaboration with school principals, Nikki formed Life Skills Group and developed a series of non-competitive programs that met the requirements for national educational curriculums and sports programs. Today, Life Skills Group run twelve unique wellbeing programs for primary and secondary students, as well as professional development programs for teachers and staff.

Our fundamental movement programs include team games, mindfulness activities, yoga, and positive psychology. Every program can be tailored to the individual needs of each school we work with.



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